

The Best Veggie Tacos

Serves 8*

Ingredients:

- 1 (16 oz) package riced cauliflower
 - 1 medium sweet onion
 - 1 (6oz) package of cremini or white mushroom, washed and sliced
 - 1 red bell pepper
 - 1 yellow bell pepper
 - 1 (1 oz) package of taco seasoning
 - 1 package hard or soft low-protein taco shells or tortillas
 - 2 tablespoons olive oil
 - ½ cup water
- Optional toppings:**
- Dairy free cheese alternative
 - 1 avocado, thinly sliced
 - Arugula or shredded lettuce
 - Salsa, pico de gallo or jarred salsa

Instructions:

Preheat oven to 425 degrees. In a large skillet over medium-high heat, add olive oil for cooking, onion, sliced mushroom and bell peppers.

Sautee for about 2 minutes; add cauliflower to vegetable mixture and sauté 1 minute.

Add 1 packet of taco seasoning and ½ cup of water, more if needed.

Sauté for another 2 minutes and turn to low.

Heat shells in oven at 425 degrees for 3 minutes.

Remove from oven and turn off the vegetable mixture.

Spoon the veggie/taco mixture into each shell.

Top with cheese, lettuce, salsa and avocado.

Serving size: 2 tacos

Kcal: 170

Protein: 3.8 gm

Arginine: 104 mg

Methionine: 22 mg

*Nutritional information is per serving.

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